

Invitational Meet Announcement

Long Island Express

**May 22nd ,23rd , and 24th
Invitational Swim Meet**

**LIE May Extravaganza
May 22nd 23rd and 24th
150506**

Invited Teams: Hauppauge, Huntington YMCA, Flushing, LaGuardia, Connetquot, Wagner, , Sachem, Farmingdale, Condor Swim Club, West Islip Aquatic Club, Nile Crocodile, MPNY, Ridgfield Aquatics, Central Queens, Islip Aquatics, Connetquot

LIE May Extravaganza

May 22nd 23rd and 24th , 2015

SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 150506
LOCATION:	Hofstra University
FACILITY:	8 Lane 50 meter facility with Colorado timing system The pool has been certified in accordance with Article 104.2.2C (4)
SESSIONS:	Friday 13-14 15-18 Warm-up 4:00 Start 5:00 Saturday and Sunday 11-12, 10 and under 8:00 Warm-up 9:00 Start Saturday and Sunday 13-14 , Open 1:00 Warm-up 2:00 Start Sat and Sunday 400 Free and 400 IM 7:00 warm-up 7:30 start
FORMAT:	Timed finals
	Deck seeding will be in place
ELIGIBILITY:	Open to all Invited USA Swimming/ Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. Age on May 22, 2015 will determine age for the entire meet.

<p>DISABILITY SWIMMERS:</p>	<p>Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.</p>
<p>ENTRIES:</p>	<p>3 Entries per day for 12 and unders - 3 Entries per day for 13 and overs will be permitted Entries will be cut on a first come first serve basis – if after all teams are accepted there needs to be additional cuts they will be made by time. Hy-Tek entries only.</p> <p>U.S. Mail Entries/Payment to: Robert Ortof 28-01 202 Street Bayside NY 11360 Email Entries/Confirm Entry Receipt: ROrtof@nyc.rr.com</p>
	<p>Signature waiver for express mailed entries</p>
<p>DEADLINE:</p>	<p>Entries must be received by : May 12, 2015</p>
	<p>An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.</p>

<p>ENTRY FEE:</p>	<p>An entry fee of \$5.00 per individual event must accompany the entries.</p> <p>Make check payable to: Long Island Express LTD Payment must be received by May 18, 2015 for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</p>
<p>WARM-UP:</p>	<p>General warm-up will be in place</p>
<p>SCRATCHES:</p>	<p>Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.</p>
<p>COACHES:</p>	<p>In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.</p>
<p>AWARDS:</p>	<p>Medals will be given 1-3 and ribbons 4-8</p>

OFFICIALS:	Meet Referee: Kris Sawicz KRZYSZTOFS0711@aol.com Officials wishing to volunteer should contact Meet Referee by May 2, 2015
Admin Ref:	Rick Ferriola and Gil Smith
MEET DIRECTOR:	Robert Ortof – Rortof@nyc.rr.com
RULES:	The current USA Swimming Rules and Regulations will apply. The USA Swimming Code of Conduct is in effect for the duration of the meet. The overhead start procedure may be used at the discretion of the meet Referee.
SAFETY:	Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules.
DISCLAIMER:	Upon acceptance of his/her entries, the participant waives all claims against Hofstra University and Long Island Express , Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
ADMISSION:	\$4.00 Admission \$2.00 Programs
MERCHANTS:	Metro Swim Shop will be present at the meet. No food or drink allowed in the building.
PARKING:	Parking immediately adjacent to facility.

DIRECTIONS:	LIE (495) to Exit 38 (Northern State Parkway) East, to the Meadowbrook Parkway Exit 31 A. Stay on Meadowbrook Parkway until Exit M4 (sign reads Hempstead and Coliseum (travel west) to Main gate (opposite Dunkin Donuts) – enter main gate and turn right at the stop sign at first major intersection – pool facility will be directly in front of you at first stop sign.
STARTING RULE COMPLIANCE	Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
Deck Changing	Locker rooms must be used. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
Audio	Use of Audio and visual recording devices, including a cell phone is not permitted in changing area, rest rooms or lockers. - Art 202.3 and 202.4

Friday Warm-up 4:00 PM Start 5:00 PM

Friday May 22

Warm-up 4:00 PM Start 5:00 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
<u>1</u>	<u>13-14 200 IM</u>	<u>2</u>
<u>3</u>	<u>Open 200 IM</u>	<u>4</u>

5	13-14 100 Breast	6
7	Open 100 Breast	8
9	13-14 200 Fly	10
11	Open 200 Fly	12
13	13-14 100 Free	14
15	Open 100 free	16

Saturday May 23

Warm-up 8:00 AM Start 9:00 AM

Girls	Event	Boys
17	11/12 50 Free	18
19	10 and under 50 Free	20
21	11/12 100 Fly	22
23	10 and Under 100 fly	24
25	11/12 100 Breast	26
27	10 and under 100 Breast	28
29	11/12 50 Back	30
31	10 and Under 50 Back	32

Saturday May 23

Warm-up 1:00 PM Start 2:00 PM

Girls	Event	Boys
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<u>Girls</u>	<u>Event</u>	<u>Boys</u>
63	13-14 200 Back	64
65	Open 200 Back	66
67	13-14 50 Free	68
69	Open 50 Free	70
71	13-14 200 Breast	72
73	Open 200 Breast	74

Sunday May 24

Warm-up 7:00 PM Start 7:30 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
<u>*75</u>	Open 400 Individual Medley	<u>*76</u>

*This event will be limited to 7 heats of girls and 7 heats of boys